bruary, 1925 Extension Circular 148

PREPARATION OF FOOD

FOR

NORTH CAROLINA HOME DEMONSTRATION CLUB GIRLS

CORNELIA C. MORRIS

SECOND YEAR

NORTH CAROLINA
STATE COLLEGE OF AGRICULTURE AND ENGINEERING
U. S. DEPARTMENT OF AGRICULTURE
N. C. DEPARTMENT OF AGRICULTURE, COOPERATING

Coöperative Extension Work in Agriculture
and Home Economics

N. C. AGRICULTURAL EXTENSION SERVICE
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RALEIGH

DISTRIBUTED IN FURTHERANCE OF THE ACTS OF CONGRESS OF MAY 8 AND JUNE 30, 1914

FOREWORD

Food work for North Carolina Home Demonstration club girl covers a period of four years. This pamphlet outlines work in foo preparation for second-year club girls. Cornelia C. Morris, Food spe cialist, has arranged these to embrace the nutritive value as well a the preparation of foods. The first, third, and fourth year work appea in other pamphlets.

JANE S. MCKIMMON,
State Home Demonstration Agent.

FIRST YEAR

Abbreviations.
Measurements.
Food Groups.
Methods of Cooking.
Milk and Eggs.
Cereals.
Vegetables.
Biscuits.

SECOND YEAR

Muffins—Corn Bread.
Beverages.
Custards.
Sugar.
Salads.

THIRD YEAR

Milk Dishes.
Vegetables.
Chicken.

FOURTH YEAR

Meats.
Yeast Bread.
Table Service.

PREPARATION OF FOOD FOR NORTH CAROLINA HOME DEMONSTRATION CLUB GIRLS

LESSON I QUICK BREADS

If a different kind of bread is served with each meal there is less monotony in the daily grind of biscuit-making and the variety is always accepted with grateful appreciation by the family. Toast and spoon bread are easily prepared and make excellent breads for breakfast. Corn bread and loaf bread are more in favor for dinner while muffins are always enjoyed as an accessory to the evening meal.

SPOON BREAD No. 1

1 c. meal
1 c. boiling water
1¾ c. sour milk
1 t. salt
¾ t. soda
2 eggs
1 c. cooked grits or rice.

Scald the meal with the boiling water. Add grits, milk, beaten eggs, salt and soda. Bake in a hot oven and serve with crisp slices of breakfast bacon.

SPOON BREAD No. 2

2 c. cold cooked hominy
2 T. butter
2 eggs
½ t. salt
½ c. cornmeal
1 t. baking powder
2 c. sweet milk

Scald meal in the milk; beat the eggs and add them to the salt and hominy. Cool milk slightly and combine mixtures. Bake in a buttered pudding dish. Bacon fat may be used instead of butter.

CORN MEAL MUFFINS

1½ c. cornmeal
½ c. flour
1 egg
1 t. salt
2 T. melted shortening
1 c. buttermilk

Mix and sift dry ingredients, add milk, melted shortening, and well-beaten egg. Bake in a shallow pan or in muffin rings.

FLOUR MUFFINS

1 c. flour
1½ t. baking powder
¼ t. salt
¾ c. sweet milk
2 eggs
2 t. melted butter

Mix and sift the dry ingredients and add gradually milk and well-beaten egg yolks. Pour in the melted butter. Cut and fold in the stiffly beaten whites of the eggs and bake in hot greased muffin pans in a hot oven.

LESSON II

Beverages play an important part in the daily dietary. Pure wate is our best beverage and should be drunk freely. Fruit juices are re freshing and contain valuable mineral salts. Every farm home shoul conserve a generous supply for winter use. Milk, cocoa and chocolat are nourishing and palatable drinks for old and young. Tea and coffe are stimulating, therefore should not be indulged in by young peopl

GRAPE JUICE

Place bottle of cold-pressed grape juice on ice for one hour. Fil small glasses with the juice and serve. Do not use crushed ice a the delicate flavor is impaired if the juice is diluted.

FRUIT JUICES

Dewberry, blackberry, and other fruit juices should be diluted slightl and served in tall glasses filled with crushed ice. A thin slice of lim or a small sprig of mint will add flavor and beauty to the service.

CHOCOLATE

2 oz. chocolate
4 T. sugar
2 c. scalded milk
1 c. boiling water
½ t. vanilla

Melt the chocolate and add the boiling water and sugar gradually Cook 3 minutes. Pour into double boiler with scalded milk. Add th vanilla and serve.

TEA

3 t. tea
3 c. boiling water

Scald the teapot, put in tea and pour on freshly boiled water. Stee 3 minutes. Small cheese cloth bags are very nice for holding th tea and can easily be removed when the tea has steeped sufficiently.

BOILED COFFEE

4 T. coffee
1 pt. boiling water
¼ egg white

Mix the coffee and egg with 2 tablespoonfuls of cold water. Pu this into scalded coffee pot and pour on freshly boiled water. Boi 3 minutes then place on back of range for 10 minutes. Add a littl cold water to settle the grounds.

CUSTARDS

For those persons who do not like milk in its raw state dishes mus be prepared that will give the equivalent in food value. Almost every one likes custards and ice cream and they are good desserts for both winter and summer.

BOILED CUSTARD

1 qt. sweet milk
½ c. sugar
1 t. vanilla
4 eggs
⅛ t. salt

Beat the yolks and add sugar gradually; pour the scalded milk into the eggs and sugar, beating all the time. Pour the mixture back into the double boiler and cook until it is thick enough to coat the spoon. Remove from fire immediately. Cool slightly and cut and fold in the whites of the eggs; add salt, cool and flavor.

ICE CREAM

The custard given in the above recipe may be frozen for ice cream. In freezing the mixture use three parts ice to one part salt if a smooth texture is desired. In serving a frozen custard vary the appearance of it by using a few fresh strawberries or sliced peaches as a garnish. When fresh fruits are out of season a spoonful of preserved pineapple or a small amount of chocolate sauce with each serving will give variety and interest to an otherwise plain dish.

CUP CUSTARD

Use the recipe for boiled custard, but instead of cooking the mixture in the double boiler pour it into custard cups and dust with nutmeg. Set the cups in a pan of hot water and bake in a slow oven until set. Garnish with whipped cream when ready to serve.

SUGAR

Sugar is a valuable fuel food and gives us energy. We like the flavor of foods that contain sugar, and in proper amounts and eaten at the right time sweets have an important place in the diet.

Dried prunes, dates, figs and raisins will, in a measure satisfy a craving for candy and will prove to be healthful substitutes. If candy is indulged in it should be eaten at the end of a meal otherwise the appetite will be spoiled for more nourishing foods.

Grape and other fruit pastes are excellent for supplying a part of the day's sugar supply.

FRUIT PASTE

2 c. fruit pulp
1 c. sugar

Add sugar to the pulp and cook until the fruit is of the consistency of fudge. It must be stirred constantly. Pour it on a marble slab or a large platter and when cold cut in squares and roll in sugar. Any fruit that will make jelly will make paste. In preparing fruit for paste the pulp should be cooked to a thick consistency before the sugar is added.

COCOANUT SQUARES

4 c. sugar
¾ c. water
½ t. cream of tartar
½ c. grated cocoanut
1 t. vanilla

Put sugar, water and cream of tartar into a saucepan, heat slightl and stir until dissolved. Cook without stirring until a soft ball i formed, 238° F. Remove from fire immediately and cool until han can be held on outside of saucepan. Beat until it thickens. Add cocoanu and vanilla. Pour on buttered platter or marble slab, cool and cut int squares.

CAKES

It is not difficult to make delicious cakes that are light and fluffy i measurements are accurately made and directions carefully followed Cakes are often spoiled by the addition of too much flour and by con tinued beating after the whites of eggs are added. Another importan factor is the heat of the oven. Test with a piece of white writin paper. If it turns yellow in 5 minutes the oven is ready for spong cake. A hotter oven is required for butter cakes and the paper shoul turn a dark yellow in 5 minutes. Layer cakes require a hot oven and take from 20 to 25 minutes for baking.

Before mixing the cake have all ingredients measured, the utensils in place and the pans greased and floured. An earthenware bowl and a wooden spoon will simplify the process of mixing.

SNOW CAKE

¼ c. butter
1 c. sugar
½ c. milk
2½ t. baking powder
whites of 2 eggs
½ t. vanilla
1½ c. flour

Cream the butter, add sugar-stirring constantly. Sift baking powder with the flour. Add half the flour and half the milk to the butter and sugar. Add the remainder of the flour and milk and beat well. Add the flavoring and cut and fold in the stiffly beaten whites. Do not beat the batter after the whites are added. Bake in layers and put together with white icing.

DECORATIVE CAKE ICING

2 c. sugar
¾ c. water
¼ t. cream of tartar

Mix the above ingredients and cook without stirring until a soft ball is formed, 238° F. While the sugar is cooking beat the whites of 4 eggs and add gradually ⅓ c. sugar to which ⅛ teaspoon cream of tarter has been added. Pour the cooked syrup into the egg mixture and beat

il it is stiff enough to be handled. One half of this recipe will sufficient for the Snow Cake.

This icing can be put into a jar and kept in the refrigerator for eral days. If a fancy icing is desired put it into a double boiler and r over hot water until it is stiff enough to use in a pastry bag. If a or is desired use a very delicate tint. White icing is always in good te.

SALADS

Fresh, raw uncooked fruits and vegetables are a necessary part of the ily diet and when made into salads are wholesome and appetizing. . McCollum says that salads of this kind should be eaten every day at nner and at supper. Every North Carolina home can have a supply celery and lettuce through the greater part of the year and during summer months other vegetables and fruits can be had in abundance. ples, celery and nuts make a good combination when served with ayonnaise. Lettuce is delicious with almost any kind of salad dress- g. Head lettuce can be cut into quarters like cabbage and served with ayonnaise dressing to which has been added a small amount of Chili uce. This makes a good substitute for Russian dressing and almost eryone likes it. When celery is served with a meal it is not necessary have a salad. Cole slaw is a valuable food and is usually served th a boiled dressing.

The following salad combinations are suggested, but may be varied suit individual tastes.

Apple, celery and nut
Grape fruit and celery
Apple and raisin
Cucumber and onion
Lettuce and tomato
Tomato and cucumber
String bean and celery
Banana and nut
Green pepper, lettuce and tomato

Left-over cooked vegetables make good salads. Carrots, turnips, ets and potatoes are cut into cubes, string beans are left whole. me suggested combinations for a vegetable salad are:

Asparagus and green pepper
Carrot and green pea
Beet and string bean
Potato, onion, carrot and green pea
Turnip, carrot and celery

Do not combine the vegetables until just before serving time. If ch portion is served on a lettuce leaf it adds to the appearance of the lad. Radishes make an attractive garnish for a cooked vegetable lad.

MAYONNAISE

Yolks of 2 eggs
1 t. salt
1 t. mustard
2 T. lemon juice
2 T. vinegar
⅛ t. cayenne pepper
1½ c. olive or other salad oils

Beat egg yolks, add salt, mustard and pepper and a few drops oil. Beat constantly and continue adding oil drop by drop until t mixture thickens. Add vinegar and lemon juice. Mix thoroughl The oil can be put in more rapidly after the addition of the acid care is taken in blending it well. The dressing should be stiff enou to hold its shape.

If it curdles add it drop by drop to another egg yolk.

FRENCH DRESSING

3 T. olive oil	1½ t. vinegar
½ t. salt	⅛ t. pepper
	½ t. sugar

Put the oil into a bowl. Stir in the salt, pepper and sugar. St in the vinegar, a few drops at a time. Serve on lettuce. Lemon jui may be used for the vinegar. Onion juice and chopped parsley ma be added when the dressing is for other vegetables.

BOILED DRESSING

2 eggs	2 T. butter
2 T. sugar	1 T. corn starch
¼ t. pepper	1 T. mustard
2 t. salt	½ c. vinegar

Mix the butter, mustard, pepper, salt and sugar in the vinega Place on the fire to heat. Beat the eggs in a double boiler with t corn starch. When the vinegar is hot pour it into the eggs, stirrin until the mixture thickens. Cool. One-fourth cup whipped crea folded in just before serving adds to the richness of the dressing.